



Ginger-Infused Japanese Rice Pudding

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



10

CALORIES



257 kcal

DESSERT

Ingredients

- 0.7 cup brown sugar
- 10 servings crystallized ginger for garnish, optional
- 3 tablespoons ginger fresh grated peeled
- 0.5 cup granulated sugar
- 0.3 cup heavy cream
- 3 cups milk 1% low-fat divided
- 1 cup short-grain rice
- 3 cups soy milk plain

- 10 strawberries fresh sliced
- 0.5 cup water

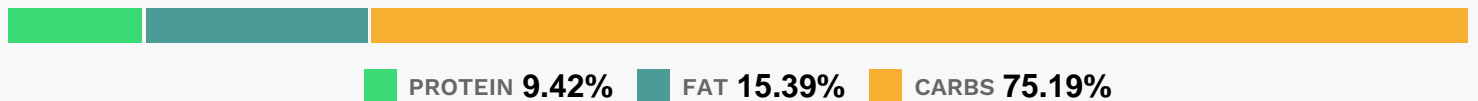
Equipment

- sauce pan
- cheesecloth

Directions

- Syrup: In a medium saucepan, combine water and sugars. Cook over medium heat until boiling. Turn heat to low, stir, and simmer about 30 minutes. Stir occasionally.
- Place grated ginger in cheesecloth; tie with string.
- Combine milk, soy milk, and ginger tea bag in a large saucepan. Simmer over low heat for 1520 minutes. Occasionally skim top.
- Remove ginger bag.
- Stir in rice and syrup. Cook on high until mixture boils. Reduce heat to medium-low and simmer, uncovered, stirring often, until pudding thickens and rice is tender, about 45 minutes.
- Add heavy cream.
- Spoon pudding into each of 10 cups, topping each with a strawberry slice and the ginger, if desired.

Nutrition Facts



Properties

Glycemic Index:24.05, Glycemic Load:20.55, Inflammation Score:-5, Nutrition Score:10.568695648857%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 257.1kcal (12.85%), Fat: 4.42g (6.8%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 47.42g (17.24%), Sugar: 31.06g (34.51%), Cholesterol: 10.26mg (3.42%), Sodium: 70.16mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Calcium: 207.74mg (20.77%), Vitamin B12: 1.21µg (20.1%), Folate: 73.77µg (18.44%), Vitamin B3: 3.32mg (16.58%), Vitamin B2: 0.27mg (15.65%), Vitamin C: 12.29mg (14.9%), Manganese: 0.27mg (13.52%), Vitamin B1: 0.2mg (13.46%), Vitamin B6: 0.26mg (12.94%), Vitamin E: 1.89mg (12.62%), Vitamin D: 1.72µg (11.49%), Vitamin A: 505.92IU (10.12%), Phosphorus: 99.56mg (9.96%), Selenium: 6.61µg (9.45%), Potassium: 280.03mg (8%), Iron: 1.37mg (7.61%), Copper: 0.15mg (7.52%), Vitamin B5: 0.57mg (5.67%), Zinc: 0.74mg (4.93%), Fiber: 1.13g (4.5%), Magnesium: 17.41mg (4.35%)